

Convict Conditioning: Pull-up Cheat Sheet

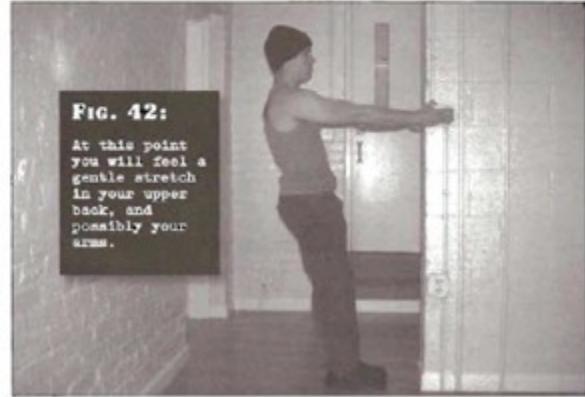
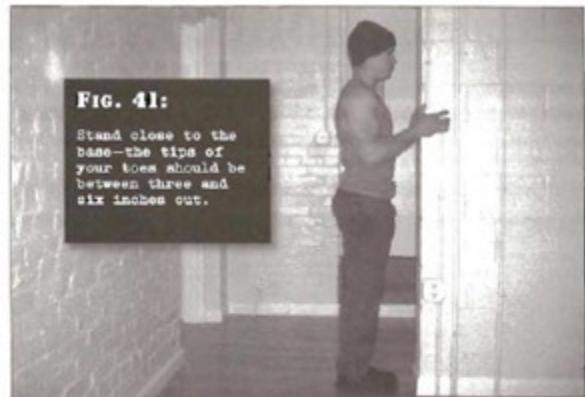
THE 6 WORKOUTS: (DOWNLOAD THE [e-book](#))

1. [Pushups](#)
2. [Squats](#)
3. **Pull-ups**
4. Leg Raises
5. Bridges
6. Handstand Pushups

Pull-ups

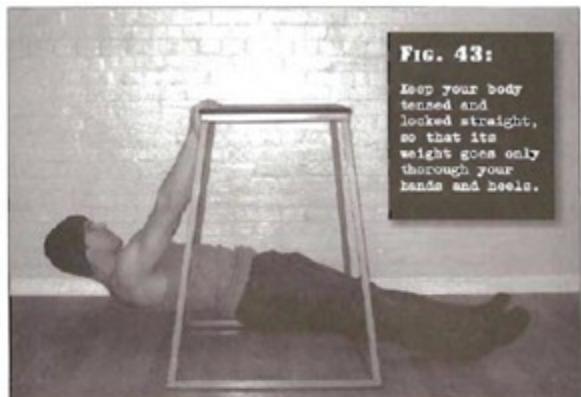
1. Vertical Pulls

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 20
3. Progression Standard 3 sets of 40

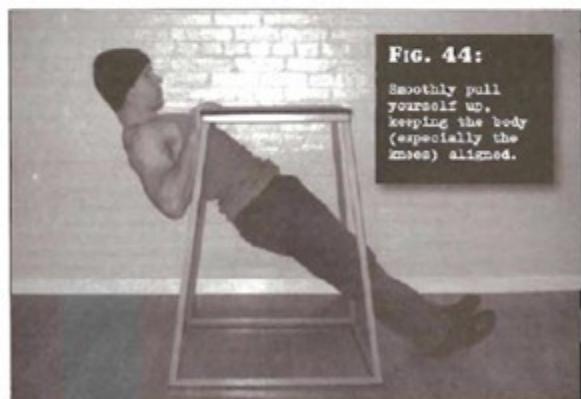


2. Horizontal Pulls

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 20
3. Progression Standard: 3 sets of 30

**FIG. 43:**

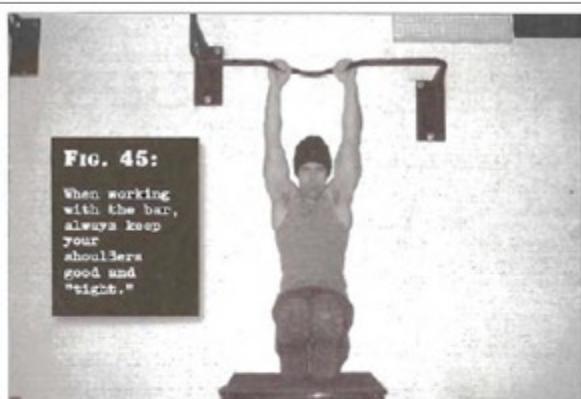
Keep your body tensed and locked straight, so that its weight goes only through your hands and heels.

**FIG. 44:**

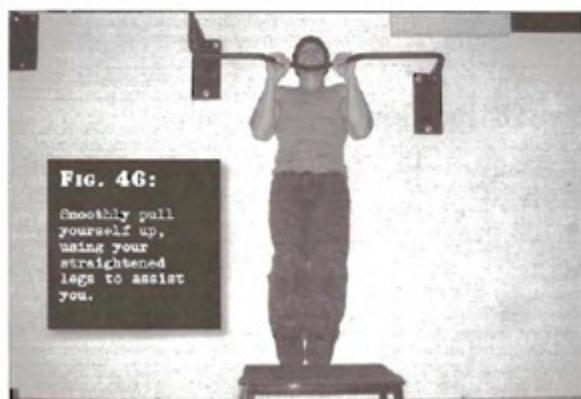
Smoothly pull yourself up, keeping the body (especially the knees) aligned.

3. Jackknife Pulls

1. Beginner Standard: 1 set of 10
2. Intermediate Standard: 2 sets of 15
3. Progression Standard: 3 sets of 20

**FIG. 45:**

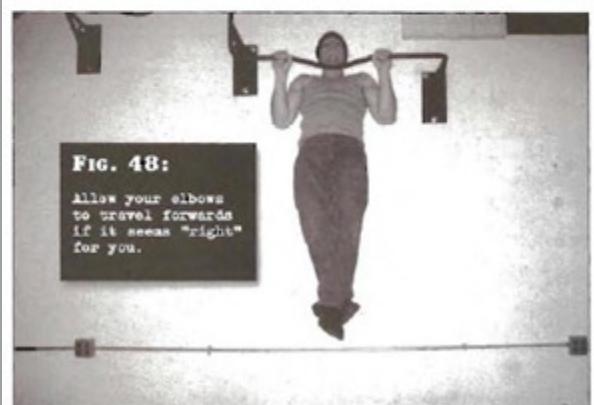
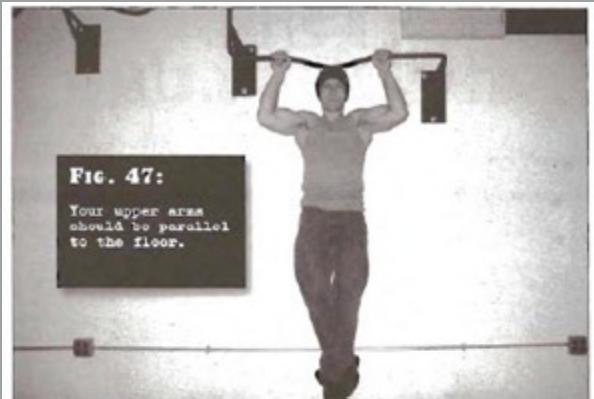
When working with the bar, always keep your shoulders good and "tight."

**FIG. 46:**

Smoothly pull yourself up, using your straightened legs to assist you.

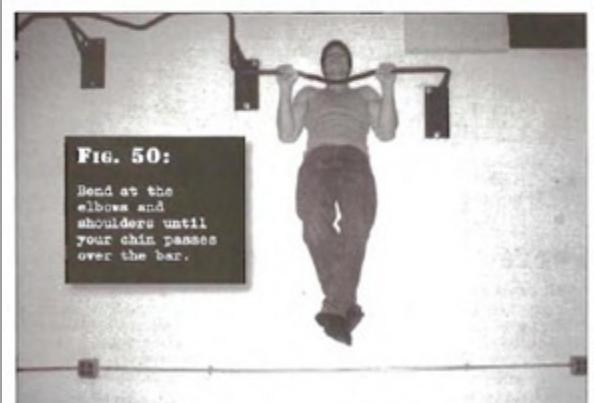
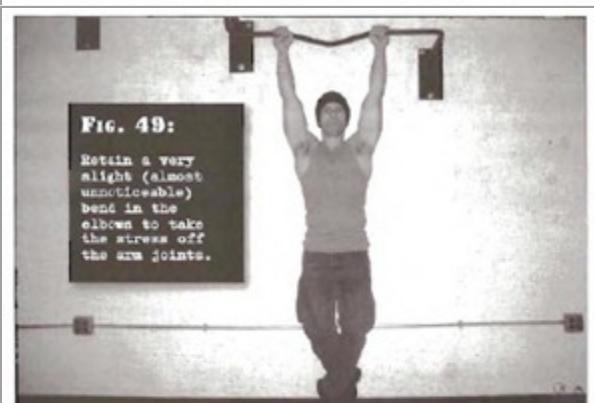
4. Half Pullups

1. Beginner Standard: 1 set of 8
2. Intermediate Standard: 2 sets of 11
3. Progression Standard: 2 sets of 15



5. Full Pullups

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 8
3. Progression Standard: 2 sets of 10



6. Close Pullups

1. Beginner Standard: 1 set of 5
2. Intermediate Standard: 2 sets of 8
3. Progression Standard: 2 sets of 10

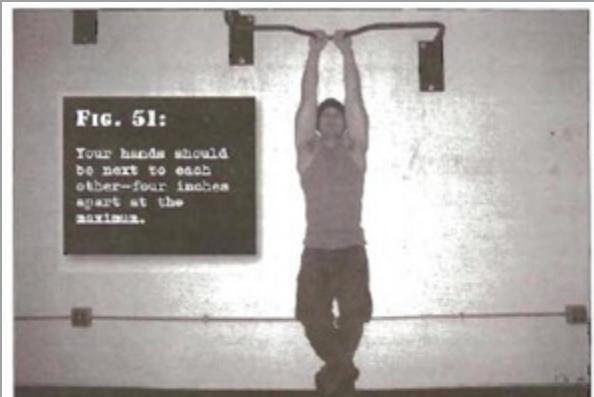


FIG. 51:

Your hands should be next to each other—four inches apart at the maximum.

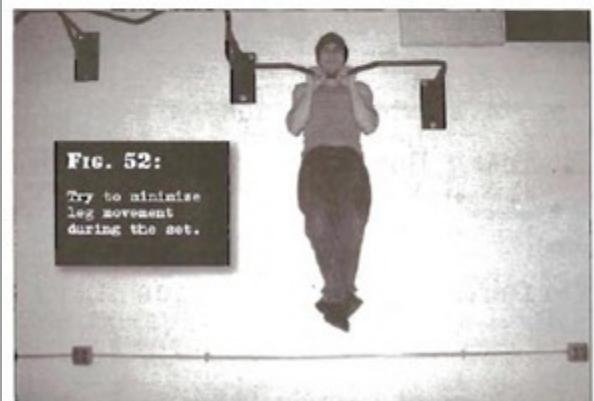


FIG. 52:

Try to minimise leg movement during the set.

7. Uneven Pullups

1. Beginner Standard: 1 set of 5 (both sides)
2. Intermediate Standard: 2 sets of 7 (both sides)
3. Progression Standard: 2 sets of 9 (both sides)

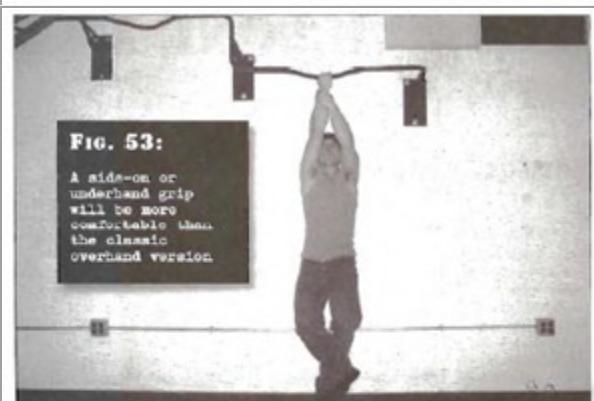


FIG. 53:

A side-on or underhand grip will be more comfortable than the classic overhand version.

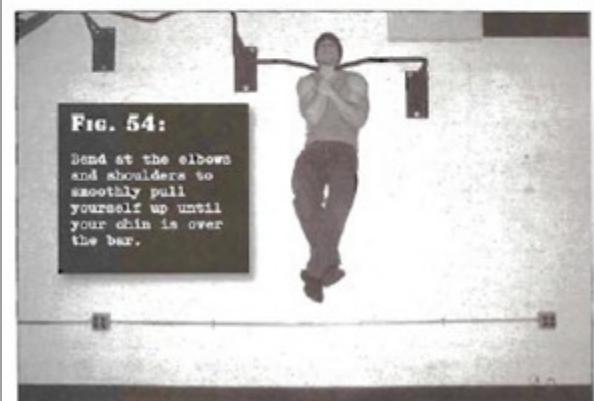
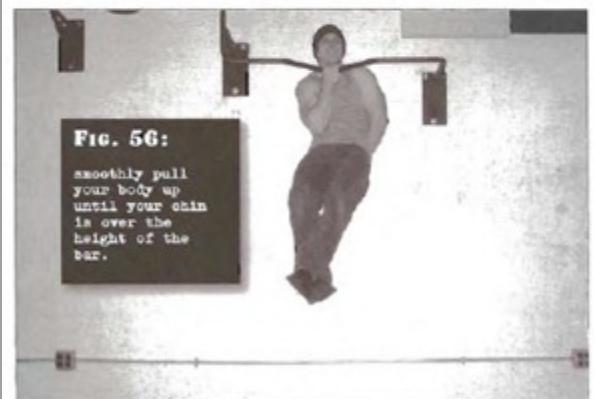
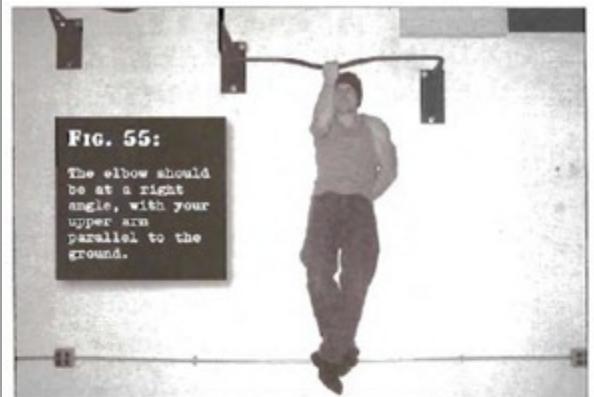


FIG. 54:

Bend at the elbows and shoulders to smoothly pull yourself up until your chin is over the bar.

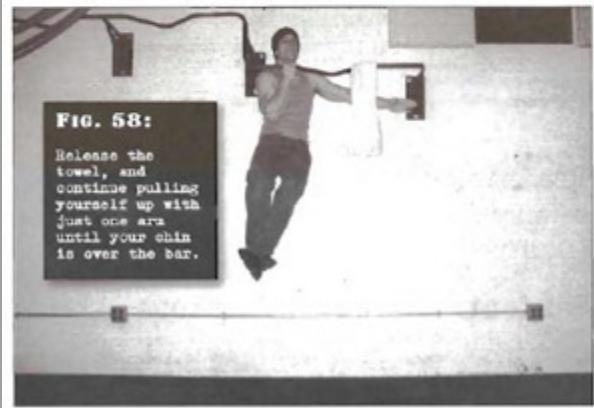
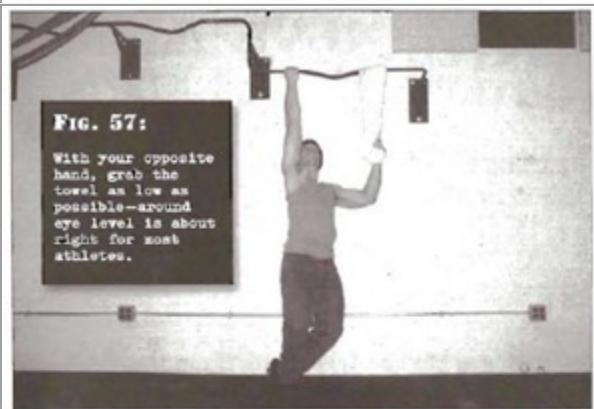
8. 1/2 One-Arm Pullups

1. Beginner Standard: 1 set of 4 (both sides)
2. Intermediate Standard: 2 sets of 6 (both sides)
3. Progression Standard: 2 sets of 8 (both sides)



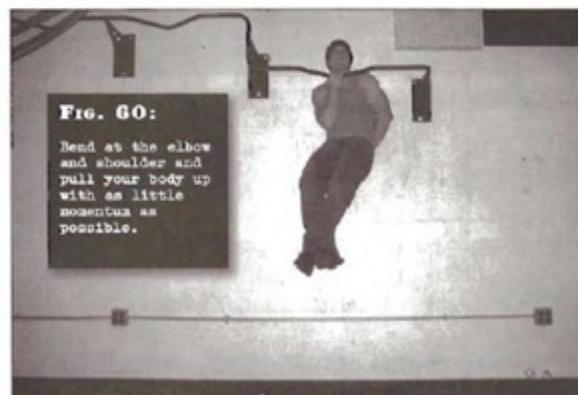
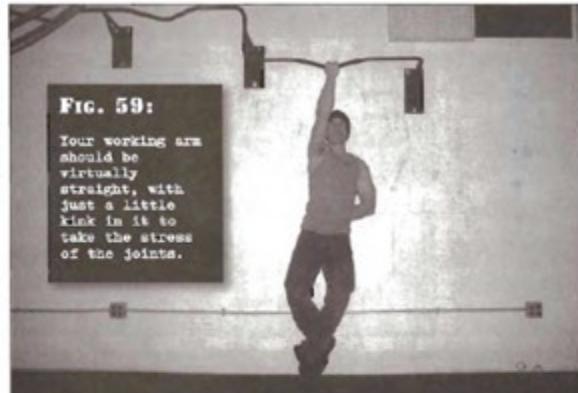
9. Assisted One-Arm Pullups

1. Beginner Standard: 1 set of 3 (both sides)
2. Intermediate Standard: 2 sets of 5 (both sides)
3. Progression Standard: 2 sets of 7 (both sides)



10. Master Step: One-Arm Pullups

1. Beginner Standard: 1 set of 1 (both sides)
2. Intermediate Standard: 2 sets of 3 (both sides)
3. Master: 2 sets of 6 (both sides)



All images and workout progressions are from the book [Convict Conditioning](#)

Two Basic Training Programs: (for the Busy “Convict”)

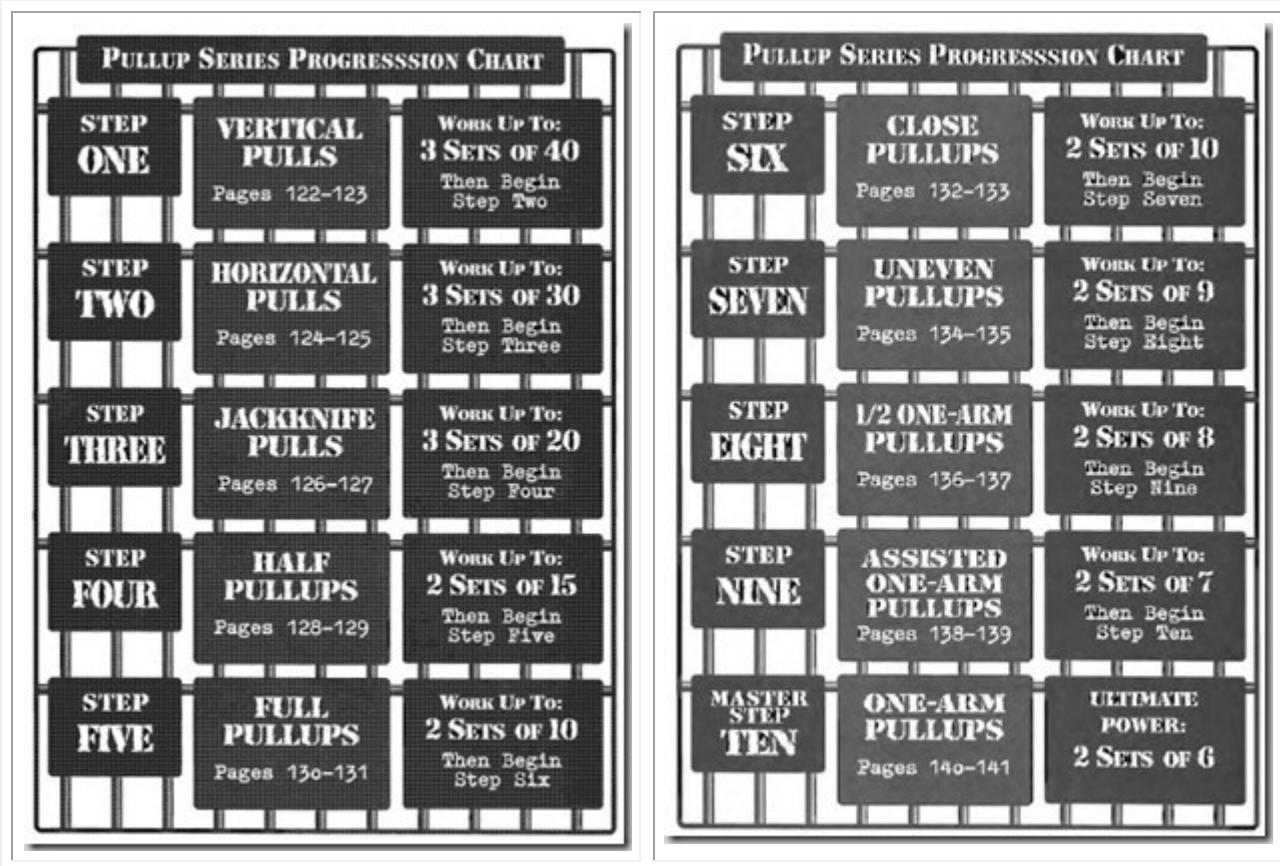
The New Blood (Step 1)

MONDAY:	Pushups Leg raises	2-3 work sets
TUESDAY:	Off	
WEDNESDAY:	Off	
THURSDAY:	Off	
FRIDAY:	Pullups Squats	2-3 work sets
SATURDAY:	Off	
SUNDAY:	Off	

Good Behavior (Step 2)

MONDAY:	Pushups Leg raises	2 work sets
TUESDAY:	Off	
WEDNESDAY:	Pullups Squats	2 work sets
THURSDAY:	Off	
FRIDAY:	Handstand pushups Bridges	2 work sets
SATURDAY:	Off	
SUNDAY:	Off	

Series Progression Chart Convict Conditioning – Pull-ups



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